

Vegetable Curry

Yield: 7 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-indian-potatoes-and-spinach>

Ingredients:

- 2 tablespoons butter
- 1 tablespoon olive oil
- 1 cup sliced shallots thinly, about 3
- 1 jalapeno pepper seeded and minced
- 2 tablespoons minced ginger fresh
- 1 tablespoon curry powder
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon kosher salt
- 1/4 teaspoon cayenne
- 2 tablespoons tomato paste
- 3 cups red potatoes cubed
- 2 cups low salt chicken broth
- 2 cups cauliflower florets
- 2 tablespoons cornstarch
- 2 tablespoons cold water
- 2 cups buttermilk
- 5 ounces baby spinach leaves
- long grain rice Hot cooked, optional

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 15 milligrams
4. Fat: 8 grams
5. Fiber: 3 grams
6. Protein: 8 grams
7. SaturatedFat: 3 grams
8. Sodium: 500 milligrams

9. Sugar: 5 grams

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